



WHAT'S ON THE MENU?

For daily specials visit:
Cowan.Nutrislice.com

create

Daily hot entrees that students can customize with daily offerings..
Add Fruit or Veggie to Make a Meal

grilled EXPRESS

Hot Grab & Go Burgers & Chicken Sandwiches Provides Whole Grain & Lean Protein.
Add Fruit or Veggie to Make a Meal



Your favorite Pizza alongside daily specials from Pasta to Calzones and More.
Add Fruit or Veggie to Make a Meal

extra. extra.

Get all the Fruits & Veggies You Need to Make a Meal!!

ON THE GO

Salads, Sandwiches, Wraps, Packaged as a Meal.

Snacks and Beverages Available to Purchase

Still Hungry?

2nd Entrees Always Available For Purchase

COWAN COMMUNITY SCHOOL CAFES

Create A Meal

- + Select a 1/2 cup of Fruit or Vegetable (or both)
- + Pick at least two other foods groups, such as Whole Grains, Lean Protein, or a serving of Milk
- + Take a Minimum of 3 food groups a maximum of 5

MEAL EXAMPLES



= MEAL



= MEAL



= MEAL



= MEAL



= NOT A MEAL

This institution is an equal opportunity provider.



INTRODUCING

Cowan.Nutrislice.com



Download the app to:

Access All School Menus

Allergy Information

Café News & Event Notification

Nutrition Education

Customer Feedback & Men Rating

*Interactive Desktop or Mobile App:



Another Cafe Transformation By:

